

## What is Purity Body Release™?

A simple, empowering technique that blends somatic movement experiencing, vagus nerve innervation and fascia release to open emotional and physical space in the body. Developed by me, Nid, to release hidden emotional tension in the body's tissues.

*"All you can do is create a space for transformation to happen, for grace and love to enter." ~ Eckhart Tolle*

Time and space are often desired by humans to cultivate greater feelings of contentment within us. A lack of time or space often leads to feelings of overwhelm, anxiety, frustration, resentment and other contracted emotional states. This simple movement technique supports the cultivation of space at our core.

Purity Body Release™ uses the mini stability ball or 'Pilates ball' to create the effect of a gentle massage across the torso. This effect is akin to a massage on yourself. As the body learns to find a new spaciousness, retraining can begin that is more stable and expansive in the body.

You are in complete control of your experience and how deep you want to go. It deepens your intuition to listen to your body's guidance to move with ease and comfort. As you are guided through the process it creates a meditative movement experience.

Discover the benefits, how it works and where to experience it here.

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## What are these fancy science words?

This gentle and nurturing movement form is designed to release emotional tension in the body stored as physical tension. Combining these methods of movement opens the body and release contracting patterns that can cause discomfort in the body.

## What is 'somatics' or 'somatic movement'?

**"Soma"** is the body as distinct from the mind, soul and psyche [1] or according to biology "the body of an organism excluding the germ cells" [2]. In the wellbeing industry, the use of **'somatic movement'** is often to express working with the somatic nervous system, which is the nerve control of the voluntary skeletal body from the brain and spinal column. Key neurons activated by this system are the motor neurons for movement and our senses e.g. hands and mouth.

The **somatic nervous system** is what processes, integrates and responds to experiences that our body lives through. An important aspect is an ability to learn movements so that they subconsciously arise and react without the need for too much conscious effort - like withdrawing the hand from a fire to prevent burning.

## Nid's Nidra Embody: What is Purity Body Release™?

Key is the subconscious connection to how the muscle patterns fire to contract muscles. Specific shapes in the body convey certain emotional states of wellbeing. Consider the stance of a tired person, if this is repeatedly held the nervous system becomes used to holding the shape and the emotional pattern more ingrained in the brain. Many of our movements are subconscious and this means that how we move sends messages to the mind about our emotional state. A loop of thoughts and movement can create a world that we are not consciously living within.

Somatic movement is conscious attention to minor movements and their fluidity through the subtle changes of pressure and release. Through this awareness, the brain-body nerve firing can retrain the subtle movements that lead to larger strains and stresses on the body.

The Pilates mini-ball is a valuable tool to very slowly explore pressure and release in the Purity Body Release™ sessions.

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## What is 'vagus nerve innervation'?

Going a little deeper into the somatic nervous system are the sympathetic and **parasympathetic nervous systems**. These two systems balance reactions to danger and restful situations in life - the sympathetic nervous system being the 'fight, flight, freeze or faun' response and the parasympathetic nervous system controlling **rest, restore and digest**.

The vagus nerve is the key nerve for the parasympathetic nervous system. It is often called the 'brain-gut axis' because it is the only nerve that travels from the brain into the gut, and down to the genitals. It has many responsibilities from digestive function, psychiatric and mood health, immune response and heart rate [4].

This nerve suffers in our modern world from insufficient rest, travel, processed foods and stress of life worries. Many health conditions are being linked to this nerve's function being compromised and research is ongoing to discover more of this connection. To restore balance there are exercises to stimulate the nerve so that it works to support the body's health.

Stimulation of the vagus nerve occurs through breath, use of the voice, laughing, exercise, diet and meditation[5]. In Purity Body Release™ the contemplative aspect of gentle movement over the ball as it is strategically placed in regions of the body near the vagus nerve, is a part of the body-awareness training to gently press into the nerve softly with a feeling of safety helps to activate the nerve and create greater restoration throughout the body.

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## What is fascia release?

**Fascia** is an uninterrupted three-dimensional web around the body that covers all muscles, bones, connective tissue and organs - a cadaver of fascia looks just like you! An important connective tissue for our entire body it plays an important role in full-body healing and wellbeing.

The composition of fascia is gelatinous, made of collagen and elastin fibres, which provide deep strength and high resilience. At the superficial layer it is involved in scar tissue healing and at the deeper layers fascia plays a healing and defence role against pathogens.

Current research is revealing that fascia is highly resilient and responds across the entire body in all dimensions to mechanistic stimuli in a synergistic manner, called 'fascial integrity'. [6] Because fascia has solid and liquid components it impacts nerve impulses of voluntary and involuntary muscle function: this means digestive function, not just the *rectus abdominis* muscle in the abdomen. This provides a model to understand the adaptive behaviour of cells due to how the body is treated by external stimuli e.g. environmental influences on posture, stress, diet and emotional interactions.

The integrity of fascia is important to its function and efficiency for wellbeing [7]. Healthy fascia is hydrated, buoyant and tensile. Flowing movements, especially when in synchronicity with the breath can hydrate the fascia which creates more ease in movement around the entire body.

Injury or sickness can resolve in other aspects of the body, but remain in the fascia if not addressed. Tension is felt in the body along the web and not necessarily at the point of origin, which may be expressed emotionally or physically. Pain is a sure sign of unhappy fascia.

Healthy fascia creates a feeling of spaciousness in the body that is pliable and responsive to all around us. This can impact high-intensity sport performance or collecting your bag of the baggage claim at the airport. To release fascia removes toxin build up, promotes healing (including recovery time from training) and a more efficient body for movement in life.

**Fascia release** is often experienced through massage with a myofascial massage therapist or using a foam roller for the IT Band on the thigh to find this release yourself. However, a harsh approach to the fascia mostly aggravates the tension. A restorative yoga class can be beneficial to soften and open the fascia too but can miss going deeper into the core where deep vagus nerve tension is stored in the digestive tract.

Through Purity Body Release™ with the mini soft Pilates ball, the gentle abdominal movements move slowly with the flow of the breath. The ball serves two important purposes (1) a focal point to observe sensations from the ball throughout the fascial web, so we learn about the connections firing throughout the body; and (2) the pressure and release of the body through breath into the ball provides an opportunity to massage and hydrate the fascia to restore it to its healthier quality.

## **Nid's Nidra Embody: What is Purity Body Release™?**

There is a deep connection to the web and its sensations in the body that opens a way to train the mind-body to release what is held beneath and then retrain for healthier functional movement and fitness.

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### *What are the benefits?*

There are no scientific studies of this method yet, so it is best for me to share client feedback and why they return to it. See my [Purity Body Release blog post](#) to hear my client's stories about their experiences.

#### **For my own journey**

The physical body stores physical and emotional experiences in the cells and tissues. If we don't move out these physical blocks then tension builds in the body and creates dis-ease. This can lead to pain, injuries and sickness - I had Irritable Bowel Syndrome (IBS), panic attacks, and many issues with anxiety-induced nausea.

From an Energy Medicine[9] perspective and the work of Donna Eden, Caroline Myss and others, the abdomen stores negative emotions like stress, anxiety, depression, anger, repression, blame, guilt, disempowerment, lack of control, insecure, unworthiness, fear, self-esteem, dishonour, sense of values, the ability for social connection, self-care, self-responsibility, self-respect, intimidation, distrust and ability to receive criticism.

At this point, many of us choose one of two paths - checkout and live in the mind, or push the body hard like a machine. If we push to remove the blocks, it deepens the resistance and further entrains the pattern into the body. If we check out we become negligent to our self-care and love, eventually, the pain will become so severe that we have to listen.

I had checked out. I numbed my body with a busy mind of a workaholic, shopping for nice things, cigarettes and alcohol. My stomach could not digest my life experiences as I carried so much resentment, grief, anger, fear, sadness, shame, guilt, endless self-criticism and distrust. There was a lot to roll on! But slowly, day by day, sometimes tears rolled, other days my ability to eat or go to the bathroom shifted. My stomach got cleaner and so did my diet unintentionally as I made different choices with a clearer abdomen. The IBS is no more and I choose many aspects of my life differently because my intuition is clear.

### **Better Intuition?**

Intuition is always guiding us. Sometimes it gets a little off. Like a compass that is pointing slightly more East than North. Poor gut health and nervous system patterns will direct choices that are more driven by negative emotions, so life seems to unravel becoming harder to navigate. Eventually, there is a feeling of being lost.

## Nid's Nidra Embody: What is Purity Body Release™?

But this isn't everyone. Even my clients who are happy, healthy and enjoy a fit and active life, find this practice of great benefit to connect more deeply to their body's wisdom within the body. To build a relationship with the subtle senses and the web of connectedness that is constantly speaking to guide you. This is intuition.

Intuition is always calling us back to our North Star, but sometimes the fog inside has become so overwhelming that we just need a simple practice to cleanse and clear that which we do not need in a gentle, nourishing and simple way.

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## What is a Purity Body Release™ session like?

We begin with a body scan. Simply aware of the body's sensations without judgment - like an inventory list. And begin to relax.

With a soft and slow breath, you gently move your body around the ball based at key points on the torso. Visual cues are provided that will support the journey in the quality of experience sought from the soma.

Following the fascia release techniques, we open the front of the torso through releasing the back of the body, before coming around to the sides of the body and into the front. The movements may lead to stillness or something larger, but the focus is on the quality of the body's sensations throughout - the somatic movement inquiry of pressure and release.

The front body connects us to the vagus nerve and some deep emotional holding patterns. Gently and slowly exploring down the side and front of the body, this begins to activate the vagus nerve. Careful release of deep stress from the abdomen and neck can occur.

This sequence and pacing of the sessions are essential for the body to remain in feelings of safety. As the fascia body and nervous system release into a parasympathetic state, it resets the brain's neuromuscular patterning of how muscles are triggered to move, hold and tonify. This welcomes a space for cleansing of the physical body, emotional freeing and restoration with good sleep.

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## References

[1] Definition from the Oxford dictionary

[2] Definition from dictionary.com

[3] <https://www.ncbi.nlm.nih.gov/books/NBK556027/> somatic nervous system

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[4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5859128/> vagus nerve

[5]

[https://sass.uottawa.ca/sites/sass.uottawa.ca/files/how\\_to\\_stimulate\\_your\\_vagus\\_nerve\\_for\\_better\\_mental\\_health\\_1.pdf](https://sass.uottawa.ca/sites/sass.uottawa.ca/files/how_to_stimulate_your_vagus_nerve_for_better_mental_health_1.pdf)

vagus nerve stimulation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189422/>

[6] Fascintegrity or Tensegrity of fascia?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6682397/>

[7] [Tensegrity Demonstration](#) from [AnatomyTrains](#) on [Vimeo](#).

[9] 'Energy Medicine' <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2952118/>